SKINNY

HOLIDAYS

by Brooke Griffin, Creator of SkinnyMom.com

WELCOME

The holidays are by far my favorite time of the year, and I'm excited to share a little of that joy with you. My holiday tradition used to consist of my extended family of about 60 traveling back to my aunt's in Corbin for full-blown Thanksgiving and Christmas suppers. My aunt prepared the staples, and the rest of us would bring a side dish. However, since starting a family of my own, I have created a new tradition with my immediate family, including my parents, sisters, brothers-in-law, nephew, and my own little guy. I am the hostess of this new tradition, and after much trial and error, I finally feel great about doing it all. Not even the bird can stress me out at Thanksgiving and Christmas suppers anymore!

It's my hope that Skinny Holidays can help you host your holiday get-togethers with ease. Eighteen skinny and delicious recipes, along with preparation and decoration tips will make you the "Hostess with the Mostest" in no time! Plus, you'll no longer fight the battle of holiday meals sabotaging your hard work in the gym and kitchen. These recipes are made with your goals in mind, so you can feel good about enjoying each and every bite!

Happy holidays, y'all! And God bless!
XO, Brooke

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MEAL PREP

About a week ahead of time, finalize the menu. Confirm who is bringing what side dish, appetizer or dessert. Buy your (frozen) turkey if that's what you'll be serving. Make sure you have room for it in the freezer, because that's where it will be living for the next few days. Check the packaging for thawing instructions and remember to stick it in the fridge a few days before the actual holiday, depending on the instructions and size of your bird.

Three days ahead of time, take a shopping day! Take inventory of your pantry and make a list of the foods you'll need for the holiday dinner. Buy everything you need today.

Two days out, buy your ham if that's what you're serving. Cook or prepare the ingredients that will be able to last two or three days (like chopping and refrigerating veggies for the big day). You could even cook and freeze the dessert!

The day before, defrost any food you made and froze ahead of time, like the dessert, in the fridge. Roast or steam veggies that you haven't yet prepared. Let them cool and store in the fridge.

The day of, cook the food you didn't get to before, like sweet potatoes, stuffing and mashed parsnips. Stuff the bird and get it roasting, or stick your ham in the slow cooker!

SETTING YOUR TABLE

PRO TIPS

Going with simple neutral-colored serving dishes will allow you to use them for multiple holidays! For a pop of color, use one or two brightly colored casserole or serving dishes, depending on your color theme.

If you don't want to constantly be jumping up from the table to serve food, host a buffet-style dinner!

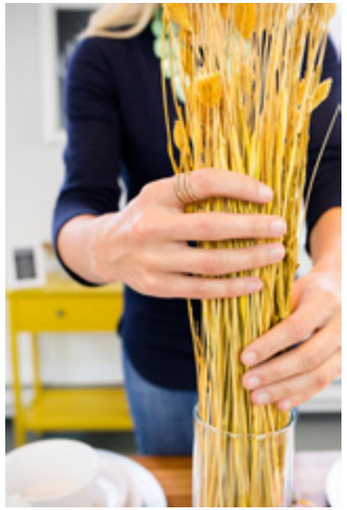
The beauty of hosting is being able to put your own personal touch on the meal, and your table setting has a lot to do with that! Creating festive place settings can take your meal to the next level. Make sure you've got plates, chargers, water glasses, wine glasses, cutlery, napkins, tablecloths or placemats and a centerpiece. Don't forget about serving dishes and plastic containers for leftovers!

Name tags are also helpful, not only in showing people where to sit, but in planning out your guest list! Making sure that everyone is accounted for and has a place to sit is important.

The day before, set the table — put everything in its place, even down to the silverware. Use sticky notes to label what each dish will be served in and where it will sit on the table. That way, you'll be able to tell if you need more counter space — or a kids' table!

Libby

SIMPLE SWITCHES



If you're going to be hosting two major holiday meals, a few simple switches should be able to help you make the transition. For example, switching out the centerpiece, candles or napkins can give the table a whole new feeling. Your accent colors can make all the difference too. Do some research and find a color palette you love. Think about what you already own that can be put to use. If there are items you can use for multiple holidays, great! If not, make a list of simple things that can be switched out to make your space look perfect. If you're really looking to impress your guests, don't forget about personal touches! Placecards, favors, or printed menus will definitely make you look like a pro.

THE MEAL

These are some of my favorite recipes because they taste just like delicious, traditional holiday meals — even though a ton of calories are missing. In fact, if the nutrition weren't included, you'd never know these recipes were skinny. Pick and choose your favorites out of the following list — or make them all!

- » Thanksgiving Turkey
- » Slow Cooker Brown Sugar Spiral Ham
- » Skinny Cheddar Biscuits
- » Twice Baked Sweet Potatoes
- » Cranberry Apple Relish
- » Balsamic Orange Brussels Sprouts
- » Skinny Country Green Beans
- » Skinny Corn Casserole
- » Rosemary Garlic Potato & Parsnip Mash
- » Whole-Wheat Herb Stuffing
- » Healthy Stovetop Mac & Cheese
- » Cheesy Twice Baked Potato & Broccoli Casserole
- » Hot Apple Cider
- » Skinny Eggnog
- » Stuffed Baked Apples
- » Skinny Dark Chocolate Zucchini Bread
- » Skinny Pumpkin Pie
- » Skinny Eggnog Cupcakes

THANKSGIVING TURKEY

SERVES 10-12

Since so many Thanksgiving dinners were spent at my Granny's, I had never been responsible for the most important part of the feast (the bird!) until recently. So, trust me, I know the anxiety and pressure that comes with preparing this portion of the meal. After a couple trials, this recipe has been perfected to make this process as stress-free (and even fun) as possible. Fresh herbs and lemon zest make this turkey a winner in my book, and I hope y'all love it just the same!

INGREDIENTS

10-pound turkey
1 onion, quartered
2 lemons + the zest, then cut in half
8 garlic cloves, crushed
4 tablespoons unsalted butter, softened
2 tablespoons fresh thyme, chopped + 4 whole sprigs
2 tablespoons fresh rosemary, chopped + 4 whole sprigs
1 tablespoon fresh sage, chopped + a few whole leaves
salt, to taste (about 2 teaspoons)
black pepper, to taste (about 1 teaspoon)

- Preheat the oven to 350° F, and place a rack in a roasting pan.
- Rinse and pat dry the whole turkey, being careful to make sure the giblets are removed if included.
- Loosen the breast skin by separating it from the breast meat with your hands, being careful not to break the skin.
- Generously season the inside and outside of the turkey with salt and black pepper.
- Mix the butter, herbs and lemon zest together and gently rub ½ of the mixture under the breast skin. Rub the rest of the mixture on top of the turkey all over the breasts and legs.
- Place the onions, lemon, garlic and whole herbs in the turkey cavity.
- Truss the turkey to keep the legs together and the wings down.
- Place on the rack and tightly cover with foil, then roast for for 3 to 3½ hours. Take the foil off for the last 15 to 30 minutes to brown the skin.
- The turkey is finished when the juices run clear and a meat thermometer reads 180° F in the thigh and 165° F in the breast.
- Discard lemons and onions in the cavity.

NUTRITION INFO:

Per Serving: (4-6 ounces) • Calories: 465 • Calories From Fat: 129 • Fat: 11g • Saturated Fat: 5g • Cholesterol: 261mg Sodium: 416mg • Carbohydrates: 4g • Fiber: 1g • Sugar 1g • Protein: 85g • WWP+: 11

SLOW COOKER BROWN SUGAR SPIRAL HAM

SERVES 16

One of my favorite things about this recipe, other than the incredible taste, is the hassle-free simplicity! Free up your oven space by slow cooking your ham in brown sugar, apple cider vinegar, and dry mustard. Five minutes of prep, then five hours of cook time in the slow cooker frees up your attention for the rest of the holiday menu!

INGREDIENTS

8-pound spiral ham
1 cup brown sugar
¼ cup apple cider vinegar
2 teaspoons ground mustard
1 teaspoon ground cloves

- Spray the bottom and sides of a slow cooker with nonstick cooking spray.
- Unwrap the ham and discard the glaze packet. Place the ham cut side down in the slow cooker.
- In a small mixing bowl, whisk together the brown sugar, apple cider vinegar, ground mustard and ground cloves. Pour this sauce over the ham.
- Cover with lid and cook on low for 4-6 hours, basting with the sauce occasionally as it cooks.
- When done, allow the ham to rest for 15 minutes before slicing.

NUTRITION INFO:
Per Serving: (approximately 4 ounces) • Calories: 170 • Calories From Fat: 59 • Fat: 7g • Saturated Fat: 2g Cholesterol: 65mg • Sodium: 1000mg • Carbohydrates: 8g • Fiber: 0g • Sugar: 8g • Protein: 21g • WWP+: 5

SKINNY CHEDDAR BISCUITS

SERVES 16

Your taste buds are about to enjoy a trip down memory lane. Remember the good ol' days when you savored the cheesy, buttery, flaky, melt-in-your-mouth taste of an incredible cheddar biscuit without remorse? Well, those days are back, ladies!
At only 80 calories a biscuit, you don't have to pass up the bread basket this holiday season!

INGREDIENTS

2 cups Heart Smart Bisquick® Baking Mix
¾ cup Sargento® Reduced Fat Sharp Cheddar Shredded Cheese
½ teaspoon garlic powder
½ teaspoon Italian seasoning
½ cup cold water
2 tablespoons unsalted butter, melted
2 teaspoons minced garlic
2 tablespoons fresh parsley, chopped

- Preheat the oven to 400° F and line a baking sheet with parchment paper, or spray with nonstick cooking spray.
- In a medium mixing bowl, stir together the Bisquick mix, cheese, garlic powder, Italian seasoning and cold water. Stir until just combined. The batter will be thick and not smooth.
- Drop the batter onto the prepared baking sheet, making 16 biscuits using a heaping tablespoon.
- Bake for 8-10 minutes, or until golden brown.
- While the biscuits are cooking, heat a small skillet over medium-low heat. Melt the butter and add the garlic, cooking for about 1 minute, or until the garlic is fragrant.
- Add the parsley and set aside, off the heat.
- Brush the butter mixture over each biscuit when they come out of the oven.

NUTRITION INFO:
Per Serving: (1 biscuit) • Calories: 83 • Calories From Fat: 32 • Fat: 3g • Saturated Fat: 2g • Cholesterol: 8mg
Sodium: 162mg • Carbohydrates: 11g • Fiber: 0g • Sugar: 1g • Protein: 3g • WWP+: 2

TWICE BAKED SWEET POTATOES

SERVES 8

You're about to reach sweet potato heaven with this fun alternative to sweet potato casserole. I scooped out the sweet potato centers, added nonfat Greek yogurt, cinnamon, brown sugar, and nutmeg, and the result is divine. You won't be missing the extra calories and fat from traditional sweet potato casseroles when you bite into this perfectly portioned goodness!

INGREDIENTS

4 medium sweet potatoes
½ tablespoon extra virgin olive oil
½ cup plain, nonfat Greek yogurt
2 tablespoons brown sugar
1 teaspoon cinnamon
½ teaspoon nutmeg
2 tablespoons pecans, chopped
64 mini marshmallows

- Preheat the oven to 375° F.
- Wash the potatoes and dry them on a paper towel, then poke several holes in them with a fork and brush the oil on the outsides of them.
- Wrap each potato in foil, and place on a baking sheet in the oven for 40-60 minutes, or until fork-tender. Decrease the oven temperature to 350° F.
- When the potatoes are cool enough to touch, cut them in half lengthwise, and scoop out the centers in a large mixing bowl.
- Add the yogurt, brown sugar, cinnamon and nutmeg to the mixing bowl with the scooped out potato centers. Mix in stand mixer, or handheld mixer until smooth.
- Evenly spoon the mixture back into the potato skins, and top with the pecans and 8 marshmallows per potato.
- Bake for 10 minutes, or until the marshmallows are toasted and melting.

NUTRITION INFO:
Per Serving: (1 filled potato half) • Calories: 149 • Calories From Fat: 22 • Fat: 3g • Saturated Fat: 1g • Cholesterol: 1mg Sodium: 50mg • Carbohydrates: 29g • Fiber: 1g • Sugar: 17g • Protein: 3g • WWP+: 4

CRANBERRY APPLE RELISH

SERVES 24

Say goodbye to traditional cranberry sauce, because this Cranberry Apple Relish is taking over! The fresh cranberries bring out a rich flavor that blends beautifully with the apples, raisins and syrup. It's the perfect sweet to tart balance.
Another bonus? This dish looks stunning next to the rest of the festive spread.

INGREDIENTS

12-ounce bag fresh cranberries
1 small apple, diced
½ cup sugar
⅓ cup golden raisins
zest + juice of 1 orange
1 cup water, cold
¼ cup Maple Grove Farms® Sugar Free Maple Syrup
¼ teaspoon ground cinnamon

- Add all of the ingredients except the syrup and cinnamon to a medium saucepan and bring to a boil over high heat.
- Boil for 2-3 minutes, then reduce to a simmer and cook uncovered for 10-15 minutes, or until the cranberries have popped and the relish has thickened.
- When the relish is nearly thickened, stir in the syrup and cinnamon.
- Serve warm over turkey, or by itself as a side.

NUTRITION INFO:
Per Serving: (2 tablespoons) • Calories: 36 • Calories From Fat: 0 • Fat: 0g • Saturated Fat: 0g • Cholesterol: 0mg Sodium: 6mg • Carbohydrates: 10g • Fiber: 0g • Sugar: 8g • Protein: 0g • WWP+: 1

BALSAMIC ORANGE BRUSSELS SPROUTS

SERVES 8

These Brussels sprouts will turn any naysayer into a fan! Shallots, balsamic vinegar, olive oil and orange juice provide a unique blend that elevates the flavor of any accompanying dish. Pro tip: If your Brussels aren't the same size, you'll need to cut the larger ones in half to ensure they cook through at the same temperature.

INGREDIENTS

2 pounds Brussels sprouts, trimmed
2 shallots, thinly sliced
3 tablespoons balsamic vinegar
2 tablespoons extra virgin olive oil
juice + zest of one orange
¼ teaspoon salt
black pepper, to taste

- Preheat the oven to 350° F, and line a rimmed baking sheet with foil; set aside.
- In a large mixing bowl, toss together the Brussels sprouts, shallots, vinegar, oil, orange juice and zest.
- Spread the coated Brussels sprouts evenly on the prepared baking sheet and season with salt and pepper.
- Bake for 30-35 minutes, moving them around with tongs halfway through cooking time to ensure even browning.

NUTRITION INFO:
Per Serving: (½ cup) • Calories: 84 • Calories From Fat: 32 • Fat: 4g • Saturated Fat: 1g • Cholesterol: 0mg
Sodium: 94mg • Carbohydrates: 12g • Fiber: 4g • Sugar: 3g • Protein: 3g • WWP+: 2

SKINNY COUNTRY GREEN BEANS

SERVES 5

Southern style green beans has always been one of my favorite sides dishes. This skinny version is just as delicious as my Granny's, but a couple tweaks here and there result in a delicious rendition much lower in fat and calories. I hope y'all love this side as much as I do!

INGREDIENTS

1 pound fresh green beans, ends trimmed and cut in half
2 teaspoons extra virgin olive oil
1 small yellow onion, sliced
1 tablespoon minced garlic
1 tablespoon white vinegar
½ teaspoon salt
black pepper, to taste
2 slices center-cut low sodium bacon

» Preheat the oven to 400° F. Line a rimmed baking sheet with foil, and place a cooling rack on top of the foil.
» Lay the bacon strips on the rack, and bake for 10-15 minutes, until desired crispness.
» Prepare an ice bath by filling a large mixing bowl with ice cubes and water; set aside.
» Bring a large pot of water to a boil. When the water comes to a boil, carefully drop the green beans in the water and boil for about 2-3 minutes. You want the beans to have a slight crunch and still be bright green. If working in batches, remove the beans with a slotted spoon and place directly into the prepared ice bath. If not, simply drain the hot water and transfer the beans to the ice bath quickly.
» Drain the green beans from the ice bath once they are cooled, and set aside in a colander to dry off.

NUTRITION INFO:
Per Serving: (1 cup) • Calories: 78 • Calories From Fat: 31 • Fat: 4g • Saturated Fat: 1g • Cholesterol: 5mg Sodium: 311mg • Carbohydrates: 11g • Fiber: 5g • Sugar: 6g • Protein: 5g • WWP+: 2

» Heat a large skillet over medium-high heat and add 1 teaspoon of oil and the onions. Cook for 4-6 minutes, until the onions begin to become translucent.
» Add the minced garlic and drained green beans, and cook for 2-3 minutes moving the beans around frequently.
» In the last minute of cooking, add the vinegar, salt, black pepper and bacon crumbles. Toss gently to combine.

SKINNY CORN CASSEROLE

SERVES 12

I have no doubt that this will become one of your new favorite side dishes! The skinny swaps in this recipe mix beautifully to yield a delicious corn casserole with top-notch texture. I've also prepared this casserole in individual ramekins for a fun holiday presentation. (Plus, it kept me under control before I ate half the dish myself!) This is a hit any time it's on the table!

INGREDIENTS

1 egg + 1 egg white, beaten

3 tablespoons unsalted butter, melted

1 cup plain, nonfat Greek yogurt

8.5-ounce box Vegetarian Jiffy® Corn Muffin Mix

15.25-ounce can Del Monte® Golden Sweet Whole Kernel Corn No Salt Added, drained

14.75-ounce can Del Monte® Cream Style Golden Sweet Corn No Salt Added

- Preheat the oven to 350° F and spray a 2-quart baking dish with nonstick cooking spray.
- In a large mixing bowl, whisk together the eggs, and stir in the melted butter and yogurt.
- Stir in the Jiffy mix, and 2 types of corn.
- Pour into the prepared baking dish and bake for 35-40 minutes, or until the center is set and the top is lightly golden brown.

NUTRITION INFO:

Per Serving: (1/12th of the recipe) • Calories: 159 • Calories From Fat: 55 • Fat: 6g • Saturated Fat: 3g • Cholesterol: 23mg Sodium: 194mg • Carbohydrates: 22g • Fiber: 1g • Sugar: 8g • Protein: 4g • WWP+: 4

ROSEMARY GARLIC POTATO & PARSNIP MASH

SERVES 5

I know, I know. Modifying a mashed potato recipe sounds straight-up crazy, but just trust me on this one. Swap out half your potatoes for parsnips, and you'll have an exciting twist on the traditional flavor and a great new way to introduce another root vegetable to your family.

INGREDIENTS

1 pound baking potatoes (about 4 small)
1 pound parsnips (about 2 medium or 1 large)
2 tablespoons unsalted butter
2 teaspoons fresh rosemary, minced
1 tablespoon minced garlic
¾ cup Silk® Unsweetened Original Almondmilk
¼ teaspoon salt
black pepper, to taste

- Peel and chop the potatoes and parsnips in about 1- to 2-inch pieces.
- Put them in a large saucepan and cover them with cold water. Bring to a boil and cook until fork-tender, about 15-20 minutes.
- When the vegetables are almost done, heat a small saucepan over medium-low heat.
- Add the butter, garlic and rosemary, and cook until the garlic and butter just start getting browned, about 3 minutes.
- Drain the potatoes and parsnips, then put them back into the pan they were cooked in.
- Add the butter mixture and almondmilk to the potatoes and parsnips. Use a potato masher to mash to desired consistency.
- Season with salt and pepper.

NUTRITION INFO:
Per Serving: (¾ cup) • Calories: 120 • Calories From Fat: 30 • Fat: 3g • Saturated Fat: 2g • Cholesterol: 8mg Sodium: 96mg • Carbohydrates: 22g • Fiber: 4g • Sugar: 4g • Protein: 2g • WWP+: 3

WHOLE-WHEAT HERB STUFFING

SERVES 9

Low-sodium vegetable broth, eggs, butter, onions, celery and a bunch of other yummy goodness come together to transform whole-wheat bread into a delicious side dish. I love the taste provided by the fresh herbs, and I'm happy knowing that swapping certain ingredients yields a lower-sodium recipe for my family. This dish is a great compliment to your turkey!

INGREDIENTS

1 pound whole-wheat bread
2 tablespoons unsalted butter
1 onion, diced
2 cups celery, diced
2 tablespoons parsley, minced
1 tablespoon fresh rosemary, minced
1 tablespoon fresh sage, minced
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon black pepper
1 egg + 1 egg white
2½ cups Pacific® Organic Low Sodium Vegetable Broth

- Preheat the oven to 250° F. Lay the bread out between 2 baking sheets and bake to dry out, about 30-40 minutes.
- When cool, stack the slices and cut them into 1-inch cubes.
- Raise heat to 350° F, spray a 13x9-inch baking dish with nonstick cooking spray, and set aside.
- Heat a large skillet over medium-high heat and add the butter, onions and celery, cooking 8-10 minutes, or until they soften. Add the herbs and cook an additional 2 minutes.
- Working in batches or split between two large bowls, combine the bread cubes, vegetable mixture, garlic powder, salt and black pepper.
- In a medium mixing bowl, whisk the egg, egg white and broth. Add that to the bread cube mixture and toss together gently with tongs to moisten all of the bread.
- Transfer to the prepared baking dish and cover with foil. Bake for 40-45 minutes until brown on top and set in the center.

NUTRITION INFO:
Per Serving: (1 cup) • Calories: 168 • Calories From Fat: 39 • Fat: 5g • Saturated Fat: 2g • Cholesterol: 7mg Sodium: 371mg • Carbohydrates: 25g • Fiber: 4g • Sugar: 4g • Protein: 6g • WWP+: 4

HEALTHY STOVETOP MAC & CHEESE

SERVES 6

It's not a party until mac and cheese has made its entrance, and this year is no exception! Reduced-fat cheese, reduced-sodium chicken broth, minimal butter and skim milk are the perfect skinny swaps to maintain the infamous creamy mac and cheese taste without sabotaging your hard work on one side dish.

INGREDIENTS

12 ounces whole-wheat elbow macaroni, dry
2 tablespoons unsalted butter
2 tablespoons whole-wheat white flour
½ small yellow onion, diced
1 cup skim milk
2 cups Pacific® Organic Low Sodium Chicken Broth
1 cup Sargento® Reduced Fat Mild Cheddar Shredded Cheese
½ teaspoon salt
¼ teaspoon black pepper

» Bring a large pot of salted water to a boil and cook the macaroni according to package directions for al dente.
» Heat a large skillet over medium-low heat. Add the butter and onion, and cook for 4-6 minutes, or until the onions are translucent.
» Stir in the flour and cook for about 1 minute. Raise the heat to medium-high and whisk in the milk and chicken broth. Stir frequently for 10-12 minutes, until the sauce starts to thicken.
» Stir in the cheese, salt and black pepper.
» Add the cheese sauce to the drained macaroni and stir to evenly coat.

NUTRITION INFO:
Per Serving: (1 cup) • Calories: 304 • Calories From Fat: 82 • Fat: 9g • Saturated Fat: 4g • Cholesterol: 23mg Sodium: 358mg • Carbohydrates: 45g • Fiber: 7g • Sugar: 4g • Protein: 16g • WWP+: 8

CHEESY TWICE BAKED POTATO & BROCCOLI CASSEROLE

SERVES 8

There's just something about a casserole that rings of coziness and comfort, and this twice baked potato dish transformed into a casserole is no different. Enjoy the savory flavor you know and love without the guilt and the added time in the kitchen.

INGREDIENTS

6 medium Yukon Gold potatoes
1 cup light sour cream
½ cup skim milk
½ teaspoon black pepper
¼ teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 cup Sargento® Reduced Fat Sharp Cheddar Shredded Cheese
1 cup Sargento® Reduced Fat Mozzarella Shredded Cheese
4 green onions, thinly sliced
Two 10.8-ounce bags frozen broccoli florets

- Preheat the oven to 375° F. Wash the potatoes and dry them on a paper towel, then poke several holes in them with a fork.
- Wrap each potato in foil, and place them on a baking sheet in the oven for 40-60 minutes, or until fork-tender.
- Lower the oven to 350° F and spray a 13x9-inch casserole with nonstick cooking spray, then set aside.
- When the potatoes are cool enough to touch, peel the skins off and discard the skins.
- Add the potato flesh to a large mixing bowl with the sour cream, milk, black pepper, salt, garlic powder and onion powder. Mash with a potato masher to a smooth consistency, or beat with an electric mixer until smooth.
- Cook the frozen broccoli according to package directions.
- Spread the mashed potatoes evenly in the prepared casserole dish. Top the mashed potatoes with ½ cup of both cheeses, and half of the green onions. Place the frozen broccoli on top of the cheese and green onion layer, then top the broccoli with the remaining ½ cup of both cheeses and the remaining green onions.
- Bake for 15-20 minutes until heated through and the cheese is melted.

NUTRITION INFO:
Per Serving: (1 cup) • Calories: 312 • Calories From Fat: 99 • Fat: 11g • Saturated Fat: 7g • Cholesterol: 38mg Sodium: 309mg • Carbohydrates: 37g • Fiber: 5g • Sugar: 5g • Protein: 14g • WWP+: 8

SKINNY HOT APPLE CIDER

SERVES 10

Treat your guests with a cozy (and adorably festive) glass of warm apple cider as they enter your home for the start of an unforgettable time together. Apple juice, orange rind, lemon and cinnamon create the perfectly spiced fall drink, and at less than 100 calories per serving, you can enjoy guilt-free.

INGREDIENTS

8 cups 100% apple juice
1 large orange, thinly sliced
peel from 1 lemon
4 cinnamon sticks
10 whole cloves
8 allspice berries

» Combine all of the ingredients in a large pot and bring to a boil.
» Reduce the heat and simmer uncovered for 25-30 minutes.
» To serve, ladle out 6 ounces into each cup.

NUTRITION INFO:
Per Serving: (generous 6 ounces) • Calories: 98 • Calories From Fat: 0 • Fat: 0g • Saturated Fat: 0g • Cholesterol: 0mg Sodium: 8mg • Carbohydrates: 24g • Fiber: 0g • Sugar: 20g • Protein: 0g • WWP+: 3

SKINNY EGGNOG

SERVES 6

There's just something about a glass of eggnog that puts everyone in the Christmas spirit. This year, you can be even more joyful about this tasty little tradition, as I've lightened it up with half the fat and calories. Skinny swaps like almondmilk and an egg white instead of whole milk, cream and egg yolks, will keep this delicious drink flowing without all the unnecessary guilt! Cheers, y'all!

INGREDIENTS

2½ cups Silk® Unsweetened Original Almondmilk
2 eggs
1 egg white
⅓ cup sugar
1 teaspoon cornstarch
1 teaspoon vanilla
cinnamon, to taste
nutmeg, to taste

OPTIONAL

Cool Whip Lite® topping

» Heat a small saucepan over medium-low heat. Add the almondmilk and vanilla and heat until it almost simmers; do not bring to a boil.
» In a large mixing bowl, whisk together the eggs, egg white, sugar and cornstarch until frothy.
» Temper the eggs into the heated almondmilk. To do this, add about ¼ cup of the almondmilk to the egg mixture, whisking quickly. Add another ¼ cup and whisk again. Tempering allows both liquids to come to the same temperature before combining them, so the eggs do not curdle.
» Add the cooled down egg mixture to the almondmilk, and whisk them to combine. Stir frequently until it begins to thicken, about 6-8 minutes
» Sprinkle with cinnamon and nutmeg to taste.
» Serve warm or chilled, and top with optional Cool Whip Lite® as desired.

NUTRITION INFO:
Per Serving: (½ cup) • Calories: 93 • Calories From Fat: 23 • Fat: 3g • Saturated Fat: 0g • Cholesterol: 58mg Sodium: 98mg • Carbohydrates: 15g • Fiber: 0g • Sugar: 15g • Protein: 4g • WWP+: 3

STUFFED BAKED APPLES

SERVES 4

These Stuffed Baked Apples give the traditional fall apple dessert an exciting makeover, and your guests will be in awe of the lovely presentation. I'm a sucker for creative desserts, and this one always hits a sweet spot for my guests and taste testers. The reduced-fat cream cheese and orange zest make for a delectable, guilt-free taste. At only 182 calories per stuffed apple, you can even feel good about serving this to your family year round.

INGREDIENTS

4 baking apples
¼ cup instant oats
2 tablespoons brown sugar
1 teaspoon cinnamon
2 tablespoons ⅓ less fat cream cheese
1 teaspoon orange zest
¼ teaspoon vanilla

- Preheat the oven to 375° F.
- Core the apples and scoop out the centers, but do not cut all the way through.
- In a small mixing bowl, combine the oats, brown sugar and cinnamon.
- In another small mixing bowl, stir together the cream cheese, orange zest and vanilla.
- Spoon 1 tablespoon of the cream cheese mixture into each cored apple, and fill it the rest of the way with the oat mixture. Do this for all 4 apples.
- Place the apples in a small baking dish and pour enough water to cover the bottom of the dish by about a centimeter.
- Loosely cover with foil and bake for 20 minutes. Uncover and bake for an additional 25-30 minutes, or until the apples are very soft.

NUTRITION INFO:
Per Serving: (1 stuffed apple) • Calories: 182 • Calories From Fat: 36 • Fat: 4g • Saturated Fat: 3g • Cholesterol: 11mg Sodium: 61mg • Carbohydrates: 38g • Fiber: 6g • Sugar: 30g • Protein: 5g • WWP+: 5

SKINNY DARK CHOCOLATE ZUCCHINI BREAD

SERVES 16

Your holiday guests will be shocked to find out this bread is a slimmed down version of the traditional recipe. The combination of whole-wheat flour, nonfat Greek yogurt, and unsweetened applesauce with baking cocoa, vanilla and grated zucchini yields a divine taste without the unnecessary fat and calories. Trust me, they won't even know the difference!

INGREDIENTS

1¼ cups whole-wheat white flour
1¼ cups all purpose flour
¾ cup baking cocoa
¼ cup sugar
1¼ teaspoons baking soda
1¼ teaspoons cinnamon
½ teaspoon salt
½ teaspoon baking powder
3 eggs
2 cups zucchini, grated
1 cup plain, nonfat Greek yogurt
⅔ cup unsweetened applesauce
1½ tablespoons vanilla

- Preheat the oven to 325° F and grease two 8-inch loaf pans with nonstick cooking spray.
- In a large mixing bowl, whisk together all of the dry ingredients.
- In another medium mixing bowl, whisk the eggs, and then add the zucchini, yogurt, applesauce and yogurt. Stir to combine.
- Stir the wet ingredients into the dry ingredients, and stir until just combined, being careful not to over-mix.
- Evenly pour the batter between the two prepared loaf pans and bake for 30-40 minutes, or until a toothpick inserted in the center comes out clean.
- Allow the loaves to cool on a cooling rack for 10 minutes before flipping the bread out of the pan. Let the bread cool completely before slicing. Dust with optional powdered sugar as desired.

NUTRITION INFO:
Per Serving: (1 slice) • Calories: 114 • Calories From Fat: 14 • Fat: 2g • Saturated Fat: 1g • Cholesterol: 33mg Sodium: 211mg • Carbohydrates: 22g • Fiber: 3g • Sugar: 5g • Protein: 5g • WWP+: 4

SKINNY PUMPKIN PIE

SERVES 8

A holiday feast just wouldn't be the same without pumpkin pie. This skinny recipe allows you to enjoy this tradition without packing on unnecessary calories. My favorite part about this recipe? The taste, by far. Creamy and sweet with the perfect crust, Granny would be proud even with the skinny swaps!

CRUST INGREDIENTS

1 cup all-purpose flour
½ teaspoon sugar
⅛ teaspoon baking powder
⅛ teaspoon salt
3½ tablespoons canola oil
2-3 tablespoons cold water

PIE FILLING

15-ounce can 100% pumpkin puree
1 cup Silk® Unsweetened Original Almondmilk
3 egg whites, beaten
⅓ cup brown sugar
1 teaspoon vanilla extract
1 teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon cloves

- Pie crust: In a medium mixing bowl, whisk together the flour, sugar, baking powder and salt.
- In a small mixing bowl or measuring cup, stir together the oil and water with a fork to combine.
- Pour the oil and water mixture into the dry ingredients and stir together with a fork until evenly moistened. Add more cold water one teaspoon at a time if needed, until moistened.
- Transfer the dough to a 9-inch pie dish and press the dough evenly along the bottom and sides of the pie dish. The crust is going to be very thin, so be careful not to tear holes in it.
- Crimp the edges, or press with the tines of a fork as desired, then set aside until ready to fill.
- Pie filling: Preheat the oven to 400° F.
- In a large mixing bowl, stir all of the ingredients together until thoroughly combined.
- Pour the filling in the set-aside pie shell and place the pie on a cookie sheet to put into the oven.
- Bake for 15 minutes, then lower the oven temperature to 350° F, and continue baking for 1½ hours, or until the center is set.
- Allow the pie to come up to room temperature on a cooling rack for at least an hour before serving.

NUTRITION INFO:
Per Serving: (1 slice) • Calories: 175 • Calories From Fat: 61 • Fat: 7g • Saturated Fat: 1g • Cholesterol: 0mg Sodium: 88mg • Carbohydrates: 26g • Fiber: 2g • Sugar: 11g • Protein: 4g • WWP+: 5

SKINNY EGGNOG CUPCAKES

SERVES 24

What could possibly be better than a festive glass of eggnog? Eggnog cupcakes, of course! These skinny treats are as delicious as they look, and thankfully won't throw your lightened-up, balanced eating off course. Let your little ones get involved by frosting them with Cool Whip Lite® and topping with sprinkles of nutmeg.

CUPCAKE INGREDIENTS

16.5-ounce package yellow cake mix
¾ cup plain, nonfat Greek yogurt
1 cup water
3 egg whites
2 teaspoons ground nutmeg

TOPPING INGREDIENTS

8-ounce container Cool Whip Lite®, thawed
1 tablespoon rum extract
1 teaspoon ground nutmeg

- Preheat the oven to 350°F and line two 12-count muffin tins with paper liners.
- In a stand mixer, or in a large mixing bowl with an electric mixer, beat all of the cupcake ingredients until smooth.
- Pour the batter into the prepared muffin tins and bake for 15-20 minutes, or until done.
- While the cupcakes are baking, prepare the topping: In a large mixing bowl, stir together the Cool Whip Lite® and rum extract.
- When the cupcakes have completely cooled, spread the topping on each and sprinkle ground nutmeg on each to garnish.

NUTRITION INFO:
Per Serving: (1 cupcake) • Calories: 142 • Calories From Fat: 56 • Fat: 6g • Saturated Fat: 2g • Cholesterol: 27mg Sodium: 138mg • Carbohydrates: 19g • Fiber: 0g • Sugar: 10g • Protein: 3g • WWP+: 4

LEFTOVERS

So the big day has passed and you can finally take a relaxing breath (unless you're walking off your turkey scoring some post-holiday deals). You've got mounds of leftovers in the fridge, but don't want the same meal and flavor over and over until it's gone. Try these simple ideas for leftovers that bring new life to your Thanksgiving dishes.

Instead of topping your meat with sweet cranberry sauce, add it to your morning protein pancakes! If you have fresh cranberries, try mixing them in the batter for a fruity twist. You can also use leftover ham in a breakfast omelet!

For lunch, go with a classic turkey sandwich or warm panini, and at night, shred it as a main ingredient in spicy turkey chili. The flavors will be so unique, you won't mind eating the same meat in your meals.

Leftover sides (plus your turkey or ham) can be easily combined into hand pies your kids will love! Roll out pie dough, top with savory veggies, fold the dough and crimp the edges. Bake them and serve as a smart option when you're ready to move on from devouring holiday staples.

It's dessert time, but getting burned out on your favorite fall treat would be a shame. Create a new flavor by turning your leftover pumpkin pie into a tasty shake. Place a slice of pie in the blender along with a scoop or two of low-fat ice cream, two tablespoons of almondmilk and a quarter tablespoon vanilla extract. Blend until it's mixed and frothy, then drink your dessert!

PRO TIPS

Make sure to store everything in airtight containers or bags; that keeps things fresher longer. Many items freeze very well and can be thawed for later indulging, so use your freezer wisely!

Most sides keep fresh in the fridge for 3-5 days. Your turkey and ham should last 2-3 days; just be sure to carve your turkey off the bones.

If you hosted the gathering, don't hesitate to send guests home with leftover goodies!

COMING SOON!

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SKINNY**SUPPERS** BY **BROOKE GRIFFIN**

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ENJOY!